

# MONKEYPOX

## What To Do if You are a Close Contact of a Person With Monkeypox



Accessible link: <https://www.cdc.gov/poxvirus/monkeypox/prevention/close-contact.html>

If you have been informed that you are a close contact of a person with monkeypox, it's important to take steps to protect your health and the health of others. Close contacts may be notified by a public health professional from their state, tribal, local, or territorial health department, or directly by someone they had close contact with during the time the person with monkeypox had symptoms. People exposed to monkeypox virus can continue their routine daily activities (for example, go to work or school) if they do not have signs or symptoms of monkeypox.

### Who is a Close Contact?

A close contact is anyone who was exposed to someone with monkeypox symptoms through

- Having sex; this includes oral, anal, or vaginal sex.
- Touching or coming in close contact with the rash of a person with monkeypox.
- Being hugged, cuddled, kissed, or having other prolonged skin-to-skin contact.
- Sharing cups, utensils, towels, clothing, bedding, blankets, or other personal objects and materials used by someone with monkeypox.

### Take These Steps as Soon as Possible

#### 1 Watch for symptoms of monkeypox for 21 days from the date of your last exposure.

People with monkeypox can get a rash on any part of the body, like the genitals, anus (butthole), hands, feet, chest, face, or mouth.

- The rash will go through several stages, including scabs, before healing.
- The rash can initially look like pimples or blisters and may be painful or itchy.

Other symptoms of monkeypox can include

- Fever
- Chills
- Swollen lymph nodes
- Exhaustion
- Muscle aches and backache
- Headache
- Respiratory symptoms (for example, sore throat, nasal congestion, or cough)



You may experience all, or only a few symptoms.

- Sometimes people have flu-like symptoms before the rash.
- Some people get a rash first, followed by other symptoms.
- Others only experience a rash.

**Continue to Next Page →**

## 2 Consider getting vaccinated.

- Close contacts of someone who has monkeypox can get vaccinated to prevent or lessen the severity of disease.
- Getting vaccinated as soon as possible after exposure to someone with monkeypox (if exposed less than 14 days ago, ideally within 4 days of exposure) provides the best chance to prevent the disease or make it less severe.
- If you need help deciding whether you should get vaccinated, talk to a healthcare provider or contact your local health department. They can help you determine if you should get vaccinated.
- Learn more about monkeypox vaccination, including who should get vaccinated, where to get vaccinated, cost, and more.



## 3 If you have a new or unexplained rash or other monkeypox symptoms, see a healthcare provider.

If you don't have a provider or health insurance, contact your local health department to find out how to access the healthcare services in your community.

- Stay away from other people and avoid sharing things you have used or touched until you have been seen by a healthcare provider.
- Before you are seen by a healthcare provider, cover all parts of the rash with clothing, gloves, or bandages, wear a mask and let them know you may have monkeypox.
- Do not touch or scratch the rash. This can spread the rash to other parts of your body, increase the chance of spreading the virus to others, and possibly cause open lesions to become infected by bacteria.



Your healthcare provider will help you decide if you need to be tested for monkeypox. Currently, testing is only recommended if you have a rash consistent with monkeypox. Only a healthcare provider can order a monkeypox test. Your healthcare provider may take a specimen and send it to a lab for testing, or they may send you to a lab for both specimen collection and testing.

- If your test result is positive, follow your healthcare provider's recommendations.
- Wash your hands often and try not to touch your eyes.
- Stay in a space away from others until your rash has healed, all scabs have fallen off, and a fresh layer of intact skin has formed.
- If you must be around other people, you should fully cover all lesions, wear a well-fitting mask and clean and disinfect your living space frequently.
- You should try to avoid contact with people who are more likely to get very sick, like children under 8 years old, people who are pregnant, and people who have weakened immune systems or certain skin conditions, and avoid contact with pets.
- It's important to notify your close contacts that they may have been exposed to monkeypox as soon as possible.



Visit your local health department's webpage to learn more about monkeypox.

# MONKEYPOX

## Social Gatherings: Know Before You Go

### When thinking about how to lower the chance of getting monkeypox at places like raves, parties, clubs, and festivals:

- Seek out information about monkeypox in your area from trusted sources like your local health department.
- Consider how much close, personal, skin-to-skin contact is likely to occur at the event you plan to attend.
- If you feel sick or have a rash, do not attend any gathering, and see a healthcare provider.



### All Social Gatherings Are Not the Same

- Festivals, events, and concerts where attendees are fully clothed and unlikely to share skin-to-skin contact are safer. However, attendees should be mindful of activities (like kissing) that might spread monkeypox.
- A rave, party, or club where there is minimal clothing and where there is direct, personal, often skin-to-skin contact has some risk. Avoid any rash you see on others and consider minimizing skin-to-skin contact.
- Enclosed spaces, such as back rooms, saunas, sex clubs, or private and public sex parties where intimate, often anonymous sexual contact with multiple partners occurs, may have a higher likelihood of spreading monkeypox.

### What should a person do if they have a new or unexplained rash or other symptoms?

- Avoid gatherings, especially if they involve close, personal, skin-to-skin contact.
- Avoid sex or being intimate with anyone until you have been checked out by a healthcare provider.
- If you don't have a provider or health insurance, visit a public health clinic near you.
- When you see a healthcare provider, wear a mask, and remind them that this virus is circulating in the area.



# MONKEYPOX


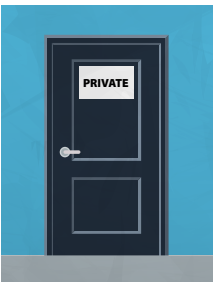
If You Have Monkeypox:

## Preventing Spread to Others




If you have monkeypox, you are advised to stay at home (isolate) until your monkeypox rash has healed and a new layer of skin has formed. Staying away from other people and not sharing things you have touched with others will help prevent the spread of monkeypox. Monkeypox can also spread to animals, so staying away from pets, livestock and other animals is important.

Not every person has the same ability or resources to remain at home for a long period of time. The table below provides options for how to prevent spreading monkeypox to others, organized by the risk of spread. Whenever possible, higher risk options should be avoided, and the lowest risk options should be followed.

Situation*	Lowest Risk	Intermediate Risk	Highest Risk
<b>Living Space</b> 	<p>Remain alone in a home or where only others with monkeypox are located.</p> <p>Cover upholstered furniture and porous materials that cannot be washed with sheets, blankets, tarps, and other covers.</p>	<p>Remain in a separate room in a home or facility away from others who do not have monkeypox.</p> <p>Cover all upholstered furniture and porous surfaces with sheets, blankets, tarps, or other covers.</p> <p>Wear a well-fitting mask and cover lesions while around others.</p> <p>Disinfect surfaces (doorknobs, countertops) between each use.</p>	<p>Share space with others but avoid close contact.</p> <p>Do not share a bed with another person.</p> <p>Wear a well-fitting mask and cover lesions while around others.</p> <p>Disinfect surfaces (doorknobs, countertops) between each use.</p>
<b>Bathroom</b> 	<p>Use a separate bathroom not shared by others.</p>	<p>Use a shared bathroom, but disinfect surfaces (counters, toilet seats, faucets, shower, bathtub) between each use.</p> <p>Do not share towels, washcloths, or objects in the bathroom like toothbrushes or drink from the same glass.</p>	<p>Use a shared bathroom that is cleaned frequently.</p> <p>Clean shared objects between use.</p> <p>Do not share towels or washcloths even if they have been washed in-between use.</p>

Continue to Next Page →



Situation*	Lowest Risk	Intermediate Risk	Highest Risk
<p><b>Shared Items</b> (linens, clothing, cups, dishes, eating utensils, etc.)</p> 	<p>Do not share items with others.</p>	<p>Wash any items that will be used by others with detergent (or soap) and water thoroughly after each use.</p>	
<p><b>Leaving Home to Get Supplies or Care</b></p> 	<p>Do not leave your home (except for emergencies).</p> <p>Have all supplies delivered without direct contact with others.</p>	<p>Only leave home for emergencies and essential activities while wearing a well-fitting mask, with all lesions fully covered.</p> <p>Walk, bike, or drive by yourself if you need to leave. Avoid public transit.</p> <p>Disinfect any shared vehicles.</p> <p>Avoid ride-share services.</p>	<p>Perform limited daily activities outside the home with all lesions fully covered and wearing a well-fitting mask.</p> <p>Avoid public transit as much as possible. If public transit is your only option, try to avoid busy transit times and keep as much distance between yourself and others as possible.</p> <p>If you use ride share services, minimize the number of passengers in the vehicle, keep as much distance as possible from the driver, wear a mask, and open windows if possible.</p>
<p><b>Working Away from Home**</b></p> 	<p>Do not leave your home for work. Telework instead.</p>	<p>Work in a separate space away from others with all lesions fully covered and wearing a well-fitting mask. Limit your time in the workplace as much as you can. Do not use shared spaces like breakrooms, common bathrooms, meeting rooms, etc.</p> <p>Disinfect your work surfaces after you finish your work.</p> <p>Walk, bike, or drive yourself if you need to travel to work. Avoid public transit.</p> <p>Disinfect any shared vehicles.</p> <p>Avoid ride-share services.</p>	<p>Maintain as much distance between yourself, co-workers, and the public as you can.</p> <p>Wear a well-fitting mask and cover rash while around others.</p> <p>Clean/disinfect surfaces that could be used by others in common areas like breakrooms, bathrooms, meeting rooms, etc.</p> <p>Avoid public transit as much as possible. When not feasible, try to avoid busy transit times and keep as much distance between yourself and others as possible.</p> <p>If you use ride share services, minimize the number of passengers in the vehicle, keep as much distance as possible from the driver, wear a mask, and open windows if possible.</p>
<p><b>Living with Animals</b></p> 	<p>Avoid contact with any pets in the home or other animals, especially mammals.</p>	<p>Minimize petting/touching of pets and other animals.</p> <p>If touching animals, keep rash fully covered to avoid contact between the rash and the animal.</p> <p>Wear a well-fitting mask.</p>	

\* From the time symptoms start until the rash has fully healed and a fresh layer of skin has formed.

\*\* Persons with monkeypox may need to work with their employer on accommodations if they are unable to stay home from work during the period when isolation is recommended.



# Let's Talk Monkeypox

MPV is a rash illness that is contagious and can sometimes be severe. MPV can be transmitted through close contact with a person infected with the virus or by touching objects such as towels, clothes, blankets, etc., of an infected person. Agricultural workers who live together should be aware of the signs and symptoms of MPV. It is very important to monitor your body for changes that might indicate an infection. Contact a health care provider right away if symptoms occur. Self-isolation is important if you begin to experience symptoms or test positive for the virus.

Some people who have a known exposure to MPV may be eligible for post-exposure vaccination to protect against the virus. Contact a health care provider for more information.

## Monkeypox



Scan this QR code for information from MDHHS about symptoms, prevention, and treatment for MPV.



# Signs and Symptoms of MPV

- A rash or sores, sometimes located on or near the genitals or anus, and also in other areas like the hands, feet, chest, or face. These sores will go through several stages. They may start as small "bumps," followed by fluid-filled blisters before scabbing over and falling off.
- Sores located inside the body, including the mouth, vagina, or anus.
- Fever.
- Headache.
- Muscle aches and backache.
- Swollen lymph nodes.
- Chills.
- Exhaustion.

Some people experience a rash or sores first, followed by other symptoms, and some people only experience a rash or sores. MPV is contagious from the onset of symptoms up until all sores have fully healed and a fresh layer of skin has formed over them.

If you start experiencing symptoms contact a health care provider right away. If you do not have a health care provider, contact your local health department (LHD). To find your LHD, scan the QR code.





### **Who is eligible?**

The Healthy Michigan Plan provides health care benefits to Michigan residents at a low cost so that more people can have health care coverage. Individuals are eligible for the Healthy Michigan Plan if they:

- Are age 19-64 years
- Have income at or below 133% of the federal poverty level\* (\$16,000 for a single person or \$33,000 for a family of four)
- Do not qualify for or are not enrolled in Medicare
- Do not qualify for or are not enrolled in other Medicaid programs
- Are not pregnant at the time of application
- Are residents of the State of Michigan

\*Eligibility for the Healthy Michigan Plan is determined through the Modified Adjusted Gross Income methodology.

### **Three easy ways to apply:**

- Online: [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges)
- Call: 1-855-789-5610
- In person: temporarily not available due to COVID-19.

### **Coverage:**

With the Healthy Michigan Plan, you will get a variety of health care benefits.

The Healthy Michigan Plan covers the federal healthcare law essential health benefits, as well as other services and benefits. This means that you can get the health care you need at a low cost. With these benefits available, it's never been easier to protect your health. The Healthy Michigan Plan provides the following services:

- Ambulatory patient services
- Emergency services
- Hospitalization
- Maternity care
- Mental health and substance use disorder treatment services, including behavioral health treatment
- Prescription drugs
- Rehabilitative and habilitative services and devices
- Laboratory services
- Preventive and wellness services and chronic disease management
- Pediatric services for 19 and 20 year olds, including oral and vision care

The Healthy Michigan Plan will cover other medically necessary services as appropriate.

The [Healthy Michigan Plan Handbook](#) provides more information about what is covered.



## Questions?

For questions or translations, call **MIChild** at 1-888-988-6300 (TTY: 1-888-263-5897).



Si tiene preguntas o necesita ayuda para traducir, llame a **MIChild** al 1-888-988-6300 (TTY: 1-888-263-5897).



لأسئلتكم واستفساراتكم أو الحصول على خدمات الترجمة، اتصلوا على **MIChild** على الرقم 1-888-988-6300 (لضعاف السمع: 1-888-263-5897)

## MICHILD HEALTHY KIDS



### Do you need health care coverage for you or your children?



Apply now on the Internet!  
[www.michigan.gov/mibridges](http://www.michigan.gov/mibridges)

## How can you find out if you or your children qualify for MIChild or Healthy Kids?

**1** You get results the quickest by applying online at [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges)

- Fill out the online application
- Submit the application
- View your results telling you who qualifies

*If you or your family need help with food, shelter, or other daily living expenses, choose **Apply For Multiple Benefits** when you begin your online application.*

or

**2** Fill out a paper application (you will get a letter telling you who qualifies)

- Go to [www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs) and print an application, **or**
- Call 1-888-988-6300 and ask for an application to be mailed

It's fast and easy to apply online



MDHHS is an equal opportunity employer, services and program provider.

Find out fast if your family qualifies!



Go to [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges) and find out if your family qualifies

## MICHILD



### If you have children under age 19,

you may be able to get health and dental care for them through **MiChild**. To qualify, your children must:

- Be under age 19
- Have no other health insurance
- Have a Social Security Number (or have applied for one)
- Live in Michigan, even for a short time
- Be a U.S. citizen or qualified immigrant
- Meet Modified Adjusted Gross Income (MAGI) limits

### How much does MiChild cost?

You pay just \$10 a month for your whole family (even if you have more than one child).

## HEALTHY KIDS



### If you are under age 19, or pregnant

you may be able to get health and dental services for you and your children through **Healthy Kids**. To qualify, you or your children must:

- Be under age 19, or pregnant
- Have a Social Security Number (or have applied for one)
- Live in Michigan, even for a short time
- Be a U.S. citizen or a qualified immigrant
- Meet Modified Adjusted Gross Income (MAGI) limits

### How much does Healthy Kids cost?

**Healthy Kids** is free.

## What services do MiChild and Healthy Kids provide?

- Ambulance
- Dental services
- Doctor visits and health check-ups
- Family planning
- Hearing and speech therapy
- Hospital care
- Immunizations (shots)
- Lab and x-ray tests
- Medical supplies
- Medicine
- Mental health services
- Physical therapy
- Prenatal care and support services
- Substance use disorder services
- Surgery
- Vision care
- Well-child visits

Find out fast if your family qualifies!



Visit [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges) and find out if you qualify!

## About Us

Allegan County Community Links is bridging the gap between individuals, communities, health, and social service systems. We are aiming to make the connections that help the Allegan County Community thrive.

## What is a Community Health Worker?

A Community Health Worker is a trained/certified public health worker who serves as a liaison between communities, health care systems, social service systems, and health departments.

## What We Do

Allegan County Community Health Workers provide referrals and information on community services available and help you get the services you are looking for.



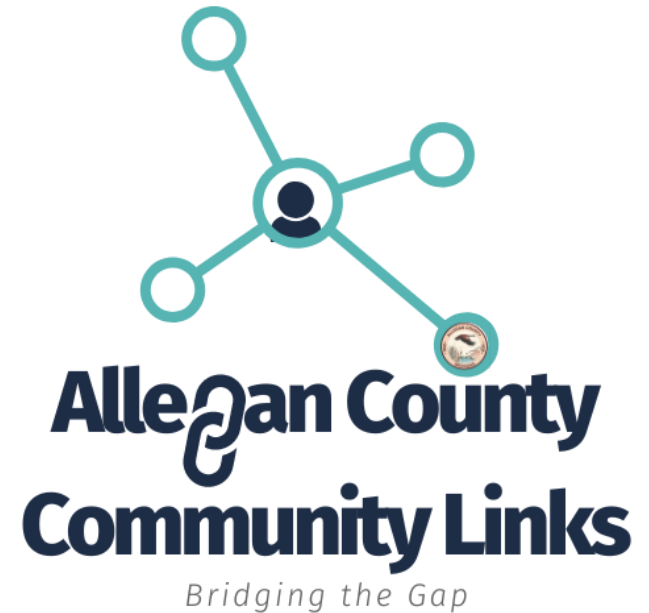
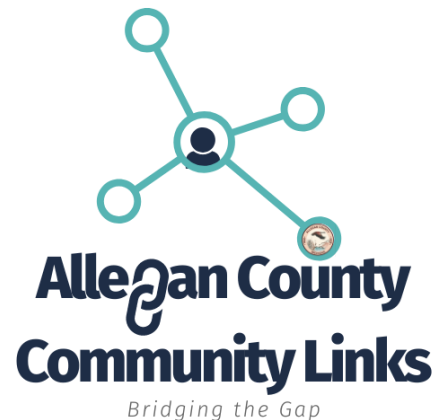
**Allegan County  
Health Department  
3255 122nd Avenue, Suite 200  
Allegan, MI 49010**



## Contact Us

Phone: (269) 673-5411

Email: [communitylinks@allegancounty.org](mailto:communitylinks@allegancounty.org)



**Making Connections that  
Help Our Community Thrive**

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## What services does Allegan County Community Links connect residents to?

- Basic Needs
- Family Services
- Housing Assistance
- Medical Services
- Mental Health Services
- Food Assistance
- Transportation Assistance
- Education Resources
- Senior Service Resources
- Legal Services



## How does this program work?

### Step 1:

- A person fills out our referral form online.

### Step 2:

- One of our Community Health Workers contacts the individual and gathers needed information to start connecting the individual to services and resources they need.

### Step 3:

- Our Community Health Worker will routinely follow up with the individual to check-in and make sure they are getting what they need.

## Meet our Community Health Workers:

**Veronica Rodriguez  
&  
Regina Love**

The Certified Community Health Workers at Allegan County Health Department are excited to help community members receive the referrals and services they need by working to ensure all referrals are met in a timely manner.

Scan the QR Code or visit the link below to fill out our referral form:



[bit.ly/3SUW0jY](https://bit.ly/3SUW0jY)

## For more Information:

Visit our website for more information about Allegan County Community Links:  
[www.allegancounty.org/health/community-links](http://www.allegancounty.org/health/community-links)

Contact a Community Health Worker:  
E: [communitylinks@allegancounty.org](mailto:communitylinks@allegancounty.org)  
P: (269) 673-5411 ext. 4547 or ext. 4550

